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HIT THE DIRT
CRANKWORX ROLLING ALONG IN WHISTLER
{pages 8-9 & 16}

‘IT’S OVER’
JAMES FRANCO SPLITS WITH GIRLFRIEND
{page 19}

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SEE PAGE 3

PGA. Tourney

▶ Mike Weir of Bright’s Grove, Ont., hits his approach shot on the 15th hole during a championship pro-am event at the Canadian Open PGA golf tournament at Shaughnessy Golf and Country Club yesterday.

DARRYL DYCK/THE CANADIAN PRESS

Tee time for top golfers

The popular Shaughnessy Golf and Country Club is one of the main reasons organizers were able to draw a few notable names, despite the fact the tournament is being held more than 7,000 kilometres away from last week’s British Open at Royal St. George’s. World No. 1 Luke Donald, Masters champion Charl Schwartzel, Ernie Els, Jim Furyk, Rickie Fowler, Anthony Kim and Geoff Ogilvie are among the golfers that took Golf Canada’s charter from Sandwich, England, to Vancouver. Story, page 25.

Province urged to abandon plan for carbon neutrality

Carbon offsetting doesn’t do enough to reduce emissions, argues climate change expert Mark Jaccard recommends extending carbon tax to cover all emissions in B.C. instead

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

The provincial government’s goal of making B.C.’s public sector carbon-neutral is failing to protect the environment and should be abandoned, a climate change expert charged yesterday.

“The business-as-usual scenario has some people (adding) more efficiency, some people fuel-switching to renewable, some people planting trees,” said SFU Prof. Mark Jaccard. “But we have to have more of that ... for these things to counteract the emissions that are going up by me driving my car.”

Arguing that most carbon-offset credits go to organizations that would reduce their emissions either way, Jaccard recommends that the government abandon its carbon-neutrality goal and extend the carbon tax to the 25 per cent of emissions that aren’t currently taxable.

JEFF HODSON/METRO FILE

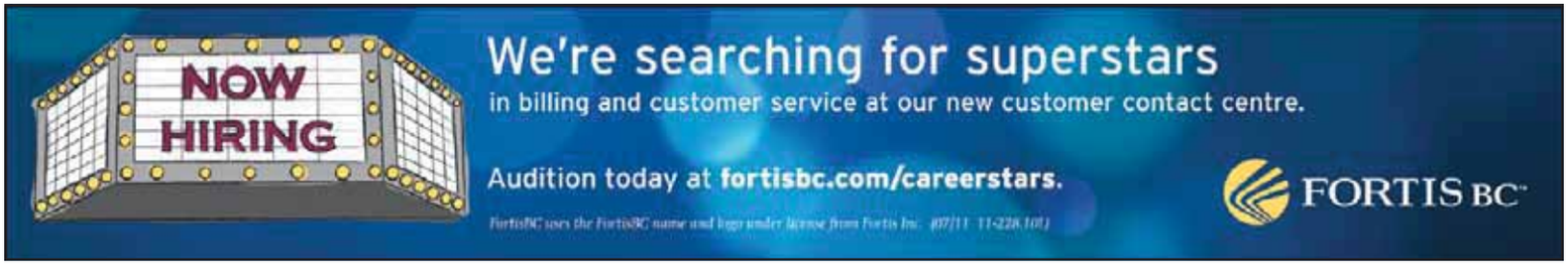
▶ Jaccard

Environment Minister Terry Lake responded that “there are differing views in terms of economists that deal with the subject, but having great respect for Dr. Jaccard, certainly we’ll discuss and look at his arguments.”

“In terms of increasing the reach of the carbon tax to process emissions, that’s something that definitely has been discussed, and something that I think has to be part of the discussion as we look to the future.”

Jaccard said his recommendation isn’t limited to government, however.

“When you buy that airline ticket, calculate what they say you could pay as an offset ... and donate it to an organization that is working hard for stronger greenhouse policies,” he said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Philippine-born banker shares personal credit lessons with newcomers

Since it's easier to help others when you've walked in their shoes, Philippine-born Lorina Serafico has a knack for educating newcomers about banking and settling in Canada.

While today she works in Vancouver as a Financial Solutions Specialist at the Scotiabank branch at 49th Avenue and Fraser Street, her early days in Canada were not always easy. Arriving in British Columbia in 1990, she coped with having little money while working as a nanny. After a disabling back injury, she completed bank courses and earned a position at Scotiabank with the help of the Career Edge internship program.

Since overcoming her own settlement hurdles, Lorina now shares first-hand financial advice with immigrants, as a volunteer at the Vancouver Committee for Domestic Workers' and Caregivers' Rights, and with her newcomer clients at Scotiabank.

"I got my first credit card in the mail, but there was no education on how to use it," recalls Lorina. "I now tell newcomers that credit is important for their future here. However, you need to ensure you can afford to pay it back, and pay on time, or it will cost you later," notes Lorina. Lorina offers the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits.

"I explain that small steps can get them to their goal eventually," observes Lorina, who herself began saving $25 a month, and banked her tax refund each year, until she accumulated the downpayment for a condominium. "There are also programs like the federal government Home Buyers' Plan that let you borrow from your registered retirement savings plan to buy a home.

While the thought of a 30-year mortgage may be intimidating, Lorina explains the benefits of paying a mortgage rather than renting: "Your home can be the foundation of your financial future, and there are ways to pay it off more quickly." For example, as your personal finances improve, you can make an annual lump sum prepayment allowed by your bank, increase your monthly payments, or switch from monthly to bi-weekly payments, to greatly reduce the cost and duration of your mortgage.

"It's up to you," concludes Lorina, who tells newcomers to set goals and be disciplined with money. "Credit can be good if you learn to use it to your advantage to get a home or an education, and to add value to your new life in Canada."

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[1]The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
[2]The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's *Scotia Powerchequing*® account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's *Scotia Powerchequing* account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to **startright.scotiabank.com/srcontest**.

Rioters turn selves in to police

Thirty men and seven women who took part in last month's Stanley Cup riot have come forward to authorities, Vancouver police said yesterday.

In addition, 111 people are under investigation for criminal charges and hundreds more may be investigated in coming months.

Police also announced that they have created a 50-member police-and-civilian investigative team to look into 15,000 images and 1,500 hours of video evidence. **DAVID PROCTOR**

PHYLICIA TORREVILLAS/FOR METRO

▶ Gene Simmons

A KISS for good luck

The B.C. Lions are hoping some star appeal will help them earn their first win of the CFL season. Gene Simmons, the KISS bassist and TV star, will perform the ceremonial pre-game coin toss tomorrow night when the Lions face the Hamilton Tiger-Cats at Empire Stadium. The Lions and Saskatchewan Roughriders are the only two CFL teams yet to score a win. **THE CANADIAN PRESS**

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Moka Balikama is one of several dozen former tree planters who say they were made to live in cramped, substandard conditions at a camp near Golden.

Mistreated tree planters still owed money: Lawyer

- Surrey company ordered to pay more than $230,000 in back wages
- Laws should ensure workers get paid, says B.C. Federation of Labour

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

More than 60 tree planters found living in slave-like conditions at a forestry camp in the Kootenays last year are still waiting to get more than $200,000 in unpaid wages, their lawyer says.

Workers for the Ministry of Forests found the tree planters, most of whom are of African origin, at the Khaira Enterprises work camp in Bluewater Creek — 40 kilometres west of Golden — in July 2010.

Moka Balikama, one of the planters, said he hasn't seen a penny and he also hasn't been able to collect his employment insurance benefits.

"I would say that this has affected me psychologically, financially — in all corners of my life I've been affected," he said yesterday, speaking through a translator.

He's been looking for a job for the past year, Balikama added, but hasn't been successful.

The tree planters said they were fed rotten food, provided with no bathrooms or proper accommodation and subjected to racial slurs.

In February 2010, the Employment Standards Branch ordered Surrey-based Khaira Enterprises Ltd. to pay the workers $236,800.52 in unpaid wages.

But they have not received anything, even though the settlement was upheld in a June 28 appeal, said Ros Salvador, a lawyer with the B.C. Public Interest Advocacy Centre, who represents about 30 of the workers.

The workers haven't been able to collect EI because the federal government hasn't corrected Khaira's false records of employment, Salvador added. **WITH FILES FROM THE CANADIAN PRESS**

1 news

Crash in value brings new scrutiny to Bitcoin's attempt at alternative online currency. Scan code for story.

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On the web at metronews.ca

Street artist uses recyclables to turn Montreal mall into a beautiful nature scene. Video at metronews.ca

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News in brief

COURTESY OF RCMP

Yashpal Mehay

Family ups award for missing man

The family of a missing Surrey man is seeking the public's help. Yashpal Mehay, 42, was last seen on a surveillance video on July 14, 2009, at a Staples store in Chilliwack. The reward has increased to $35,000 for any information on his whereabouts. He was last seen driving a grey 2004 Mazda MPV with the licence plate 494 KVK. Call the RCMP at 604-599-0502.

PHYLICIA TORRESVILLAS

First Nations a priority

The leaders of Canada's provinces and First Nations have agreed to discuss aboriginal education and to improve economic opportunities. Aboriginal leaders attended the meeting of provincial and territorial leaders for the first time. Premier Christy Clark says she and her colleagues have committed to creating a virtual institute for First Nations economic development.

THE CANADIAN PRESS

Girl burned by cooking oil

A five-year-old girl has been severely burned in what Surrey RCMP say appears to be a tragic accident. The youngster was airlifted to BC Children's Hospital yesterday after a pot of hot cooking oil spilled on her at home.

THE CANADIAN PRESS

Heads or tails for quantum technology

Discovery could pave the way for super-powerful quantum computer technology Problem of decoherence overcome with magnetic molecules

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

The dream of super-powerful quantum computers is one step closer, thanks in part to theoretical research performed at the University of B.C.

"I would guess that in the next five or ten years, there will be a working design that can do (simple) quantum computations," predicted UBC physicist Phil Stamp.

Stamp compares a classical computer to a bunch of coins: each shows either heads or tails, and the computer processes information by flipping them.

In a quantum computer, each coin shows both heads and tails simultaneously; because every possible combination is present, calculations can be done exponentially faster.

In 2006, Stamp helped publish a theory of how a magnetic molecule, Iron-8, can be made to sit in both states simultaneously before decoherence, the process by which matter settles in a single state, sets in.

"A whole bunch of experimental groups around the world tried to do the experiment ... and finally it was this group at Santa Barbara that succeeded," Stamp explained.

"What was even more amazing was that they found that the results they got matched the theoretical expectations.

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▶ Community volunteers help restore a school playground at Grandview/uuqinak'uuh Elementary in East Vancouver yesterday.

TERRIS SCHNEIDER/FOR METRO

Revitalizing fun and play, the safe and natural way

A couple of hundred volunteers spent the day building a natural playground, which includes a hill slide, climbing boulder and a mosaic water feature.
An amphitheatre, fruit trees and giant driftwood from Pacific Rim park were also installed.
"This is a great thing for the community and a fun way to help out," said Amanda Lee, volunteer and nursing student at Langara College.
The revitalization is part of the KidSafe Project, an initiative that provides a safe haven outside of school hours to 300 of the city's most at-risk children.

Dix spent most and won: Elections BC

PHYLICIA TORREVILLAS
@METRONEWS.CA

B.C. New Democrat Leader Adrian Dix spent more than $200,000 to win the NDP leadership race, according to financial disclosures released by Elections B.C. yesterday.

That's less than one fourth of the top fundraiser for the B.C. Liberal race.

Kevin Falcon, who was beaten by Christy Clark, raised more than $870,000 for his campaign.

Premier Christy Clark's leadership campaign expenses totalled more than $670,000.

Dix also received donations from two high-profile New Democrats.

He collected $1,600 from former NDP leader Joy MacPhail, while former premier Glen Clark gave his ex-chief of staff $2,500.

Big bucks

- NDP leader collected more than $190,000 in donations.
- Runner-up for Liberal race spent four times more during campaign.

Runner-up Mike Farnworth reported total expenses of more than $112,000.

John Horgan, who came in third place, had the largest deficit. He spent more than $135,000, but only raised nearly $120,000.

Harry Lali spent less than $10,000. Another candidate, Dana Larsen, didn't meet the July 18 filing deadline, and will pay a $500 late fee.

For more news, go to metronews.ca/vancouver

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Joyride track designed by experts

The downhill course is at the core of any mountain biking festival, so organizers of this weekend's Red Bull Joyride race at Whistler went directly to the experts when designing theirs.

"This year we came together, a selected group of riders, and we all put in our input on what would make a good course," explained Joyride competitor and course designer Darren Berrecloth.

Results of that input include a number of dirt and wood jumps, including one that forces riders through a wood tunnel before launching them high in the air.

The course that emerged from the new, collaborative process takes full advantage of the natural terrain on the mountain while also adding large manmade features for increased spectacle.

"We wanted something that flowed — something that linked well in between the features," Berrecloth said of the track.

DAVID PROCTOR

The course

- A downhill biking course designed collaboratively by professional mountain bikers.
- Course weaves natural terrain with large man-made features.

▶ Darren Berrecloth, seen here riding at Whistler, is expected to be among the favourites of the 2011 Red Bull Joyride competition, during this weekend's Kokanee Crankworx at Whistler.

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CARROUX.COM/RED BULL PHOTOFILES

Mountain biking feels natural for Berrecloth

- Darren Berrecloth a favourite to win Joyride despite recent back injury
- Athlete says extreme mountain biking seemed like a natural career path

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

For professional mountain biker Darren Berrecloth, a career hitting the dirt at events like this weekend's Red Bull Joyride is entirely natural.

"Every kid has a bike, and there's always dirt piled on the street," Berrecloth recalled yesterday. "One thing leads to another, and sooner or later you end up on top of a mountain."

Fifteen years after he started mountain biking, Berrecloth will be heading to Joyride at the Kokanee Crankworx Festival this weekend. He is a favourite to win despite a back injury sustained while training near his Vancouver Island home in May.

"I was training in my yard, practising some tricks, and I came up short when I tried a front flip, and landed flat on my back," he explained.

Such an injury can't keep him away from the sport he loves, however.

"The main accomplishment for me is the fact that I can still get paid to do what I love to do," he said.

"The main accomplishment for me is the fact that I can still get paid to do what I love to do."
DARREN BERRECLOTH, PROFESSIONAL MOUNTAIN BIKER

CRISPIN CANNON/RED BULL CONTENT POOL

▶ Darren Berrecloth

Red Bull Joyride schedule

This year's Kokanee Crankworx festival will conclude with the Red Bull Joyride on Saturday.

The Joyride qualifying rounds begin today and run from 3 to 4 p.m. at the Whistler Bike Park, followed by the Teva Best Trick Showdown from 4:30 to 6:30 p.m.

The finals of the Red Bull Joyride will happen at the same location on Saturday from 5:30 to 7:30 p.m., and will be followed by an awards ceremony at the bottom of the course.

DAVID PROCTOR

For more news, go to metronews.ca/vancouver

This summer could be a scorcher.
Nearly half of wildfires in British Columbia are caused by human carelessness. Please prevent and report wildfires. To report a wildfire, call *5555 on your cell.
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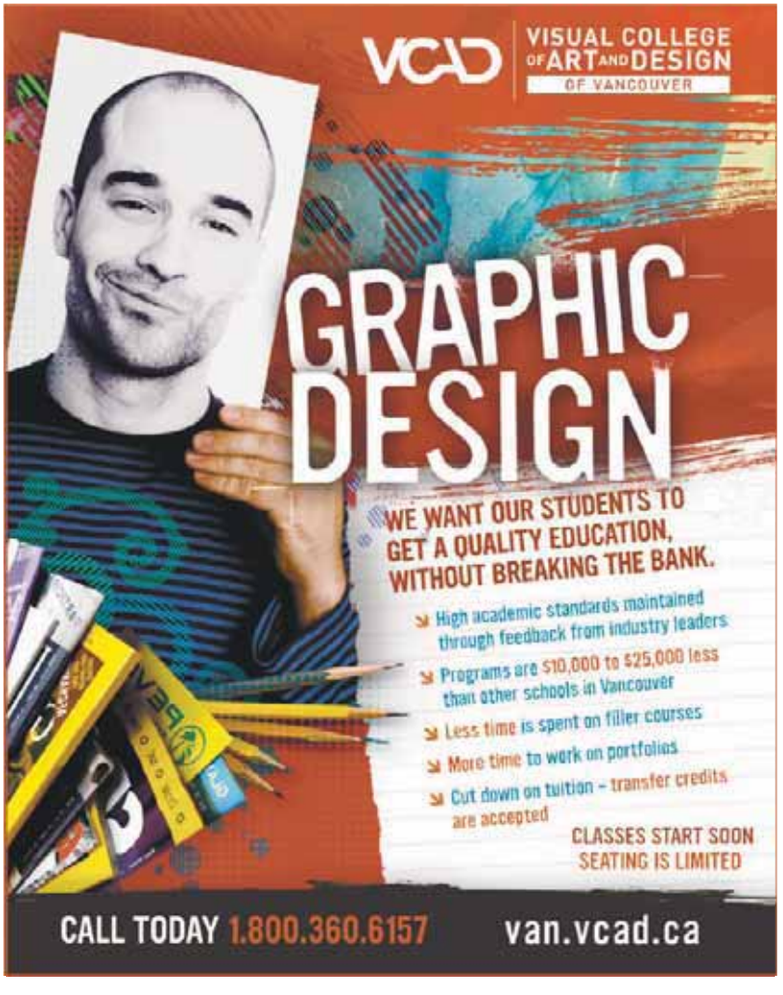
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News in brief

New Canucks to be stripped of citizenship

FAKERS. The federal government intends to revoke the citizenship of at least 1,800 people who used fraudulent means to become Canadians.

Immigration Minister Jason Kenney, above, says most of the targeted individuals were counselled by unscrupulous immigration consultants.

THE CANADIAN PRESS

Feds paid up — but too late

CASH CRUNCH. Dozens of tourism projects across the country were delayed and got stuck with hefty bills because a key federal program was slow getting cash to them.

The Marquee Tourism Events Program, a $100-million fund set up in 2009 as part of the Harper government's recession-fighting strategy, doled out money too late for about half the projects it funded.

THE CANADIAN PRESS

Declare your guns, please

HIDDEN CARGO. Canadian border guards are telling Americans: Declare your guns before entering Canada.

In the last week, border guards seized 10 loaded handguns, a shotgun and ammunition at B.C. border points.

Seven Americans were either charged or sent home.

THE CANADIAN PRESS

Juno Beach power struggle

The enemy now: wind turbines ◗ Veterans say they will destroy sanctity of site where 359 Canadians died

Veterans are fighting a new battle of Juno Beach.

The vets are angry over a French plan to install towering wind turbines off the coast and within sight of the beach where thousands of Canadians fought a bloody battle in the Second World War.

"I think it's a disgusting affair," said Jack Martin, who was among the Canadians who stormed Juno Beach during the D-Day landings of 1944.

"I saw so many of my buddies and friends die on Juno Beach that I figure it is very hallowed ground."

Martin, 87, said the turbines might take away from the sombre historical significance of the site.

Retired major Roy Eddy, 86, says it's important to keep the memory of Juno Beach alive. "I'd like to forget about it, but I don't want to," said the veteran, who was 20 when he lost many friends there.

ADRIAN WYLD/THE CANADIAN PRESS

▶ A piper plays a lament overlooking Juno Beach, where the Allied invasion of Nazi-occupied Europe was launched.

"None of us slept for about 72 hours, the noise and the sound was just earth shattering."

THE CANADIAN PRESS

Winds of change

- The French government says it is receiving tenders for more than 1,000 wind turbines off the country's northwestern coast, including at Courseulles-sur-mer, where Juno Beach is located.
- The entire project is eventually predicted to power more than 4.5 million homes.
- Veterans Affairs Canada says it "understands and shares" the concerns of those who fought for freedom.
- "We wouldn't see it appropriate to develop on the actual site where the battle of Juno occurred," said a spokesperson for Veterans Affairs Minister Steven Blaney.
- The Juno Beach Centre, which is at the site itself, has decided to accept the French government's proposal.

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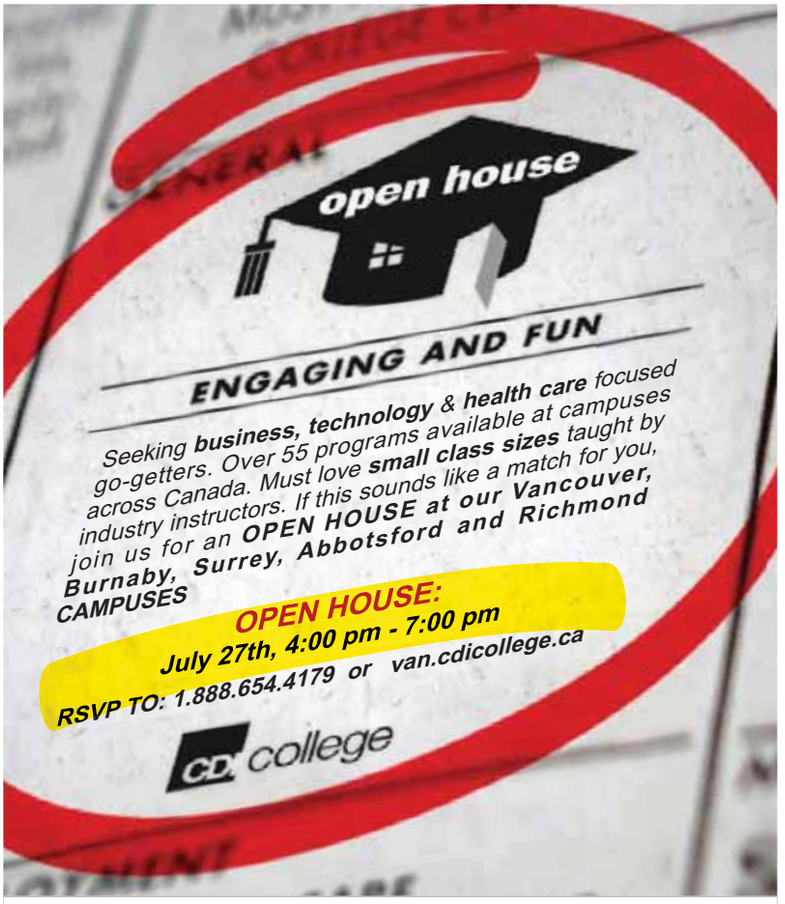
Wild. Beast

▶ A leopard attacks a forest guard yesterday at Prakash Nagar village near Salugara, on the outskirts of Siliguri, India. The guard was injured.

THE ASSOCIATED PRESS

Leopard, villagers wage bloody battle

A leopard that mauled 11 people in a fierce showdown with Indian villagers died of knife wounds after being captured yesterday. Villagers used knives, stones and batons to beat back the snarling, leaping cat that strayed into the village. The people are recovering from their injuries, mostly swipes from the cat's claws. Leopards are protected in India though more are straying into villages for food.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112

Yesterday morning, officials pegged the number of active fires at 112. Roughly 2,000 firefighters, including 500 from other provinces, and 104 aircraft were currently battling the blazes.

1,800 more flee fires

Raging forest fires in northwestern Ontario forced another 1,800 First Nations residents out of their homes yesterday, bringing the total number of evacuees to about 3,300.

Many of the evacuees are being flown through Thunder Bay before they're put up in evacuation centres and hotels in northwestern Ontario communities such as Greenstone, Dryden and Sioux Lookout.

Some of the evacuees are being housed in areas as far south as Ottawa.

THE CANADIAN PRESS

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Damn that dome, the heat won't go

- It's like an unwanted house guest, says forecaster
- Are we missing out? Expect a high of 21 C today

Much of Canada was hating the heat yesterday.

And experts said people should blame the heat dome.

A blanket of stifling heat, oppressively still and sticky with humidity, has settled over large swaths of the country — and it's there for the long haul.

The heat dome is pushing the jet stream well to the north, keeping cooler or wetter weather out, said Environment Canada senior climatologist Dave Phillips.

"It's like a heat pump and it just sluggishly sits there and, like an unwanted house guest, it just won't move," he said.

The dome is hovering over much of the United States as well.

It spread up to western Canada over the weekend, sending sizzling temperatures to the Prairies.

Winnipeg was sweltering under a high of 34.4 C on Tuesday and Regina baked at 31.9 C.

The heat dome phenomenon is known to happen every few summers, said Marie-Eve Giguere, a warning preparedness meteorologist with Environment Canada. The dome works to trap heat, she said.

"Every day it gets hotter and hotter," Giguere said.

"It gets heat from the sun and this sort of hot dome of air is getting hotter and hotter and this is what's creating these high temperatures."

Is Vancouver missing something? Expect a high of 21 C today.

Those sweating easterners should just be glad it's not 1937 — that's when the hottest temperature ever was recorded in Canada, with a high of 45 C in Midale and Yellow Grass, Sask.

METRO/WITH FILES FROM THE CANADIAN PRESS

JEFF ROBERSON/THE ASSOCIATED PRESS

▶ The heat dome is making the U.S. swelter, too. Lucy Wilson squeals as she cools off in a fountain in St. Louis yesterday.

Sweat shop?

- Annabelle Villa-Real manages a bagel shop in Toronto, and credits coming from the Philippines for being able to work among three ovens and no air conditioning.
- Villa-Real and her staff take plenty of breaks, drink cold water and snack on Popsicles, have ice at the ready, as well as towels and extra shirts.

HAWAII DEPARTMENT OF AGRICULTURE/THE ASSOCIATED PRESS

▶ Officials examine a boa constrictor in Honolulu.

Hawaii fears snakes will take bite out of habitat

Sightings of reptiles have been steadily rising: State spokesperson

Hawaii has been largely successful in preventing snakes from entering the island paradise over the years and avoiding the grave danger they present to tropical birds, colourful plants and the vibrant environment that draws millions of tourists to the state each year.

But the recent capture of escaped pet snakes — illegal in Hawaii — and the infestation of the U.S. island of Guam by brown tree snakes, which could easily make it to Hawaii via cargo ship, have alarmed wildlife and agriculture officials.

Without any natural predators, authorities say it wouldn't take much for snakes to take root and multiply, potentially killing off endangered birds and flowers that make the islands special.

Hawaii, home to more endangered species per square kilometre than anywhere else in the world, could potentially face the same fate as Guam, where brown tree snakes overran the island following the Second World War and wiped most birds from the skies.

Hawaii is so serious about keeping snakes out that the fine for possessing an illegal animal can reach $200,000 and up to three years in prison. But snake owners are granted amnesty if they willingly turn their pets over.

"No pet snake is welcome because all it's going to take is the next earthquake, tsunami or hurricane to blow open all those enclosures and introduce to the islands all those pets that were being kept in a house."

FERN DUVALL, BIOLOGIST, DIVISION OF FORESTRY AND WILDLIFE

Residents who unlawfully keep snakes as pets create a giant risk when the reptiles escape or are released into the wild. A 2.7-metre boa constrictor and 2.1-metre albino Burmese python were captured this month.

Environmentalists also fear that snakes could find their way to Hawaii by hitchhiking on cargo ships. **THE ASSOCIATED PRESS**

Transgender woman wins bid for breast implants

Deemed insensitive and sexist by some, a Calgary radio station contest offering a breast augmentation has been won by a transgender woman.

Musician Avery Mitchell, who was born male, will go under the knife after garnering 76 per cent of the online vote for 90.3 AMP Radio's "Breast Summer Ever" competition.

"In Canada, I am not given any health care for being transgendered and I have to pay out of my own pocket for these procedures," Mitchell said in a release. "Having breasts would help complete me as a person."

AMP morning host Buzz Bishop said while the contest certainly had some detractors, it was a worthwhile endeavour.

"Radio stations, as a general rule, are always trying to give away that 'I really want it but can't afford it' prize," he said.

JEREMY NOLAIS

FACEBOOK.COM

▶ Avery Mitchell

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LM OTERO/THE ASSOCIATED PRESS

▶ Jim Dees, the B777 fleet captain at American Airlines, smiles in the cockpit of the new Boeing 787 Dreamliner during a tour at Dallas-Fort Worth International airport yesterday.

Air fleet renewed

Order includes Airbus A320 and Boeings 737 jets
Pressure on airlines to upgrade craft: Analysts

American Airlines is buying at least 460 new planes over the next five years from Airbus and Boeing in a record order that breaks Boeing's exclusive grip on American's fleet.

American said yesterday it will buy 260 planes from Airbus, 200 from rival Boeing Co., and perhaps hundreds more. It expects the new jets to provide savings in fuel costs. American's current fleet is among the least fuel-efficient.

The deal is a major boost for Airbus, which hadn't won an order from American since the 1980s. Boeing did salvage one of its biggest sales ever.

The jets carry a sticker price of more than $38 billion US, though big airlines often get discounts.

Gerard Arpey, the chairman and CEO of American's parent, AMR Corp., called it "a watershed event certainly for our company and indeed for the airline industry."

AMR also announced that it plans to spin off regional carrier American Eagle as a separate company in another cost-cutting move. THE ASSOCIATED PRESS

Baird sees China as potential friend

Foreign Affairs Minister John Baird says Canada-China relations are warming and can be further improved by face-to-face dialogue.

Baird finished a four-day trip to China yesterday after meetings with senior government officials and business leaders.

In a conference call from Shanghai, Baird said relations between the two countries have entered a new era in recent years and he wants to build on that.

Chinese relations cooled in the early years of Prime Minister Stephen Harper's government. A Harper meeting with the Dalai Lama in 2007 irked Chinese authorities, who routinely revile the Tibetan spiritual leader as a separatist who wants to split Tibet from China.

ALEXANDER F. YUAN/THE ASSOCIATED PRESS

▶ Foreign Affairs Minister John Baird

The Canada-China relationship improved after the prime minister visited Beijing in 2009.

Now, Baird said, China is a strategic partner in the fields of energy, natural resources and international affairs and the two countries can both benefit from closer and deeper ties.

While there are differences of opinion on issues such as human rights, Baird said it's better to discuss things face-to-face than to stand back and preach.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 7.91 (13,340.83)	+ 0.38¢ (105.55¢ US)

Oil	Natural gas 1,000 cu ft
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Canadians pull back on buying

Canadians are putting off summer vacations and big purchases, and are reining in budgets to better handle higher gas and food prices and reduce debts, according to the Royal Bank's Canadian Consumer Outlook Index.

The index suggests Canadians are looking for ways to save as they grapple with gas prices that rose 29.5 per cent and food prices that grew 4.2 per cent in May.

"When people look at their overall spending capacity and they're made aware of the fact that they have to put some more into the basics and they have to pull back somewhere and that somewhere seems to be the larger purchases and vacations," said RBC chief economist Craig Wright.

RBC said 55 per cent of the 4,008 Canadians polled are doing comparison shopping for food, 48 per cent are cutting back on impulse buys, and 30 per cent are likely to delay vacation plans. THE CANADIAN PRESS

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WE INTERRUPT THIS BROADCAST TO APOLOGIZE

HE SAYS ...

JOHN MAZEROLLE
METRO

I've been noticing the calm, level-headed way the media has reported the West Nile virus this summer, and I'd just like to say I'm sorry.

I don't know what's come over us.

Unless I missed a memo, we in the media (especially TV) are supposed to breathlessly cover this as a burgeoning health crisis. It's just the way things are done. Where are the slow-motion close-ups of a suspicious-looking skeeter? The catchy title like Mosquitopocalypse? The news anchor solemnly asking, "How worried should we be?" as if worrying would be useful.

Instead, all I've seen are level-headed reminders that since the '90s West Nile has been found from Nova Scotia to B.C. and that precautions should be taken against a small but real risk.

"The coverage has been a reasonable reflection of reality. So, again, I apologize."

The coverage has been a reasonable reflection of reality.

So, again, I apologize.

Because if my years in media have taught me one thing, it's that the important thing now is to PANIC. This was the time-proven journalistic method used with Mad Cow, SARS and H1N1. I guess West Nile's been around long enough that people are getting all "rational." Well, I can't let that happen.

Because if it did, we in the media would be stuck writing about softwood lumber or debt ceilings or, God help me, Brad Pitt. If I have to write one more word about a Beckham baby or the latest crop of orphans that Brangelina are scooping up with a backhoe, I may scream.

And you, gentle reader? You'd be forced to read it. So keep in mind we are doing you a favour when we warn you about:

West Nile and You: Partners in Death — a Q&A you and your family need to read (if you love them).

Q: How can I tell if West Nile is in my area?

A: Many wild birds spread the virus, and their deaths are a good harbinger of the disease, which leads to this easy-to-remember West Nile saying: See a live bird? Kill it. See a dead bird? Panic.

Q: What if I get it?

A: Symptoms often include headache, body aches and skin rash. If you come down with any of these symptoms, kiss a crow and see if it dies.

Q: Anything else I can do?

A: Go about your daily routine, but remain vigilant. Ask your political leaders to establish mosquito no-fly zones. Watch for large swarms flying in a skull-and-crossbones formation. Wear burqas or Stormtrooper costumes. Reassure your children by showing them films where humans reign victorious over insects, such as Arachnophobia and Them! Pray daily.

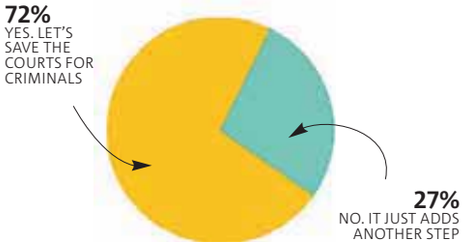
Q: How worried should I be?

A: We'll tell you exactly how worried, right after this.

Read more of John Mazerolle's columns at metronews.ca/hesays

Panel
Register at metropolitanpanel.ca and take the quick poll

Should divorcing couples have to attend an information session on alternatives before going to court?



Local tweets

- **@Miss604:** Is it just me or do we need more (better) cab options in #Vancouver? #ineedabike
- **@o8jessays:** @melfreeman89 #Fact: it is the worst summer in #vancouver in all the years I've lived here. #getitogether-van PLEASE
- **@christyclarkbc:** Cheered on @PremierBradWall during brief stop at @RBC_Can_Open. Now premiers meeting with aboriginal leaders in #yvr. http://ow.ly/i/eCqm
- **@athenaaat:** Why am I wearing pants & a sweater on July 20th? ... I guess it's only alright since it makes school less terrible.. But sheesh Van! #YVR
- **@sarahwally1:** There is definitelly a picture of Cory Monteith in a #Canucks jersey in my Seventeen magazine
- **@ArtemChubarov:** Hey @capgeek if you don't move Ballard down the #Canucks blue-line depth-chart, I'm pretty sure you'll upset Alain Vigneault.
- **@tkcom:** With all the heatwave anywhere else, we should be thankful of the weather we have. #nocomplaining #vancouver

Worth Mentioning

TERRORISM. An al-Qaida affiliate says it plans to roll out what some have called a Disney-like animated cartoon aimed at recruiting children to the terror network.

Scenes from the proposed short film show young boys dressed in battle fatigues and participating in raids, killings and terror plots. It is the latest attempt by the terror organization to use multimedia to draw in potential recruits.

News of the animated film was announced by a group called Abu al-Laith al-Yemen on the Arabic-language al-Shamouk jihadist website, the London-based Quilliam Foundation reported yesterday. Quilliam, which was formed by former jihadists and now aims to stamp out extremism, said it appears the group is affiliated with al-Qaida in the Arabian Peninsula.

"It's a Disney-like film aimed at kids that tells stories of the Prophet, stories of holy wars and anti-Western propaganda," said Noman Benotman, a former jihadist with links to al-Qaida who is now an analyst at Quilliam.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Mastered your skinny jeans? Squeeze into this house

Think your house is small? Polish architect Jakub Szczesny has turned the popular notion of "size matters" on its head with his design of the world's skinniest house in Warsaw, Poland.

Located in an alleyway between an office tower from the 1960s and an apartment building, the livable, four-storey house measures roughly 10 metres long and 1.5 metres wide.

▶A rendering of what the house will look like.

The home is being built for Israeli writer and filmmaker Etgar Keret, who will use the space primarily as his studio. Since Keret lives most of the time in Tel Aviv, there is talk of the house being used as an artist's residence when he's not occupying it, Szczesny told the Toronto Star.

TORSTAR NEWS SERVICE

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2 scene

Hospitalized

A spokesman for R. Kelly says the R&B singer is in the hospital after emergency throat surgery. Kelly publicist Allan Mayer said yesterday that doctors drained an abscess on one of Kelly's tonsils and that the singer will be "laid up indefinitely."
THE ASSOCIATED PRESS

Despite fears, Chris Evans savors moment as Captain America: The First Avenger

CONTRIBUTED

▶ Kokanee Crankworx hits Whistler this weekend.

Whistler getting cranky

Gear heads converging on the mountain for Kokanee Crankworx ◐ Check out the events

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Do you like watching people ride bikes down mountains, or balancing them on rocks and other obstacles?

Do you like watching people chase a wheel of cheese down a hill while gravity makes them involuntarily do continuous cartwheels?

Do you like Whistler?

If you answered in the affirmative to any or all of these questions, Kokanee Crankworx is for you.

Festivities kicked off last week and things have been rolling steadily along since — and this weekend there are plenty of events to check out.

Here is just a handful of what's going on:

Canadian Cheese Rolling Championships

It's the only official non-biking event but what's better than watching a bunch of people chase an 11-pound wheel of cheese down an unreasonably steep hill? The answer is nothing. Saturday from noon to 4 p.m.

Trialsworx

If you've ever seen guys and gals with a freakish ability to balance a bike on the edge of a narrow beam or on top of a precariously positioned boulder, then you already know what this is all about. If not, the previous sentence kind of works as a primer. This is a two-day event: tomorrow check out Kidsworx, a competition for kids (10 and under), from 1 to 2:30 p.m.; beginner and sport from 3 to 6 p.m.; expert, master and elite go Saturday from 10 a.m. to 2 p.m.

Giant Slalom

Featuring $8,000 in Pro prize money, and an all-new event format and course design, this year's GS promises to be an exciting affair. The course is located in the "Boneyard" zone of the Bikepark. Ominous, my friends, very ominous.

Expo, Demo Tech & Shows

If you want to try some gear, this is the place to be. Featuring all the industry's big players, event sponsors and gear heads galore. Expo and Demo Tech runs daily from 10 a.m. to 6 p.m.

Other events

Just announced

▶ **Music** Piano lover and superb songwriter Tori Amos is coming to Vancouver. She plays the Orpheum Dec. 13. Tickets, $39.50 – $89.50, go on sale tomorrow morning at 10 through LiveNation.com and Ticketmaster.

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Nerds rule the throne

- The world of Dungeons And Dragons has somehow become cool without anyone realizing it
- How fantasy rose to the top of the cultural heap

BRAYDEN SIMMS
METRO WORLD NEWS
SCENE@METRONEWS.CA

HANDOUT

▶ HBO's A Game of Thrones has become wildly popular over the last few months.

In the course of a single generation, one of the most denigrated cultural institutions has risen to the top of the popularity hierarchy, influencing a new era of TV, cinema and literature.

We speak, of course, of fantasy. For the longest time, merely speaking the word aloud was enough to earn you a wedgie. But the literary genre, long the vestige of dice-rolling basement dwellers, has, in the past decade and a half, fully emerged from its (dragon) shell, capturing a more mainstream audience — and, in turn, a more mainstream cash flow.

If, in early 1997, you had predicted the growth of the maligned genre on the back of a bespectacled British wizard, you probably would have been stuffed into a locker faster than you could not say Voldemort.

Yet this improbable hero stands as the face of a brand worth a net $4 billion worldwide, establishing his creator, JK Rowling, as the first — and only — billionaire writer, and firmly legitimizing practices and standards ranging from cosplay (organized dress-up) to a general acceptance of fantasy fiction.

According to Brad Ricca, a university professor and author of the forthcoming book Super Boys, this "subtle but important shift in popular culture" can be explained as a reaction to an increasingly chaotic present.

"College-age people who grew up reading Harry flock to the movies with wands and robes in an attempt to recapture the past," Ricca says.

How fortunate for George RR Martin.

The Hollywood screenwriter turned fantasist wrote a series of novels that, set in a medieval era on some imaginary, magic-infused continent, for years languished only in the deepest recesses of nerddom. (Where, full disclosure, this author has long dwelt.)

All that has changed, however, with HBO's TV adaptation of his seminal work; A Game of Thrones, has inspired a new appreciation for his escapist oeuvre at a time when it seems — impending debt crisis, promise of European collapse, depressing summer TV lineup — the whole world is coming to pieces.

"In watching these shows," Ricca says, "we may just be acknowledging the importance and romance of the imaginative past as it affects us in times of uncertain future."

Considering our present uncertainty, we predict a continuation of the growing trend in mainstream fantasy literature.

298K

Boosted by the success of HBO's A Game of Thrones, the fifth book in George RR Martin's A Song of Ice and Fire series — A Dance with Dragons, released on July 12 — quickly rose to the top of the charts, becoming 2011's fastest selling work of fiction. It sold 298,000 copies in its first day on shelves.

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No End of the Road for these Boyz

Boyz II Men launching 20th anniversary album, Twenty 'We hope that those people that we've touched before, we'll be able to touch again' says Shawn Stockman of the album featuring new songs and classic hits

Boyz II Men brought their Motown-Philly harmonies to the masses when they made their debut with Cooleyhighharmony in 1991; propelled by hits like End of the Road and It's So Hard to Say Goodbye to Yesterday, the Philadelphia-based group's first album sold more than nine million copies. Their sophomore CD, II, sold 12 million copies.

Band member Shawn Stockman says the group — which originally included Wanya Morris, Nathan Morris and Michael McCary — had no idea how huge their achievements were.

"We were so busy just working ... we didn't think too much about how it would impact the world, which is probably a good thing, because it kept us sharp and kept us focused, even to this present day," he said. "Looking back, it's a great thing. It's hard to talk about it because it's something that we think it's a great milestone in our careers, but we're still hungry, and we still feel like we have so much more to contribute, musically and otherwise."

The group — which became a trio after McCary left — still records and performs regularly. Their last CD, 2009's Love, had them performing standard love songs.

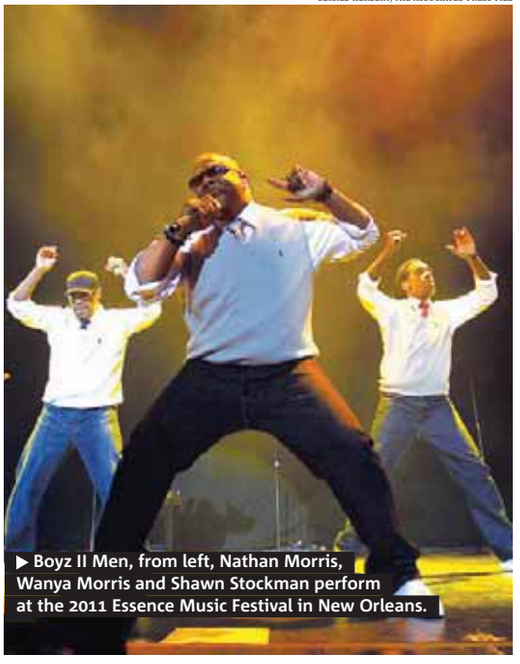
The trio's upcoming album, Twenty, will feature new songs and new renditions of some of their best-known work.

"We've always been true to our love songs, and the type of music that we do, we feel this type of music is timeless," he said. "It's our 20th anniversary, so we wanted to not only give our listeners something new, but our new listeners I guess an anthology."

Stockman hopes the group will capture a younger generation, but also a few fans they may have lost along the way.

THE ASSOCIATED PRESS

GERALD HERBERT/THE ASSOCIATED PRESS FILE



▶ Boyz II Men, from left, Nathan Morris, Wanya Morris and Shawn Stockman perform at the 2011 Essence Music Festival in New Orleans.

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Celebrity tweets

@TomArnold

Biggest changes in the last 10 years: My love affair with my Blackberry and Tivo. You?

@hwinkler4real

So if everyone in England is resigning because of phone hacking HOW FAR BEHIND ARE WE here in the US It has to be in the NEWS CORP culture

@Pink

just tried 2do yoga class w/ a 6 wk old. even dressed her in buddha onesie thinking it'd keep her calm. wrong. so wrong. no dwnwrd dog 4 me

@CarrieFFisher

Though life is far from a bed of roses Thru which one lethargically loiters It nevertheless is more savory Than a bed comprised of goiters

Was Anthony cheating on J.Lo?

Sources tell magazine that split between couple was not 'amicable'

While Jennifer Lopez and Marc Anthony have announced that their split was "amicable," sources tell People magazine it was anything but.

The decision to separate reportedly came "after months of nonstop arguing," a source says, adding that Anthony feeling jealous about Lopez's American Idol success and Lopez fearing Anthony wasn't being faithful were factors.

"Though they love, admire and respect each other very much, they just needed to be apart," the source says.

METRO

JASON KEMPIN/GETTY IMAGES

Jennifer Lopez and Marc Anthony

Franco splits with longtime girlfriend

FRAZER HARRISON/GETTY IMAGES

James Franco

James Franco and his longtime girlfriend, Ahna O'Reilly, have split up, the eclectic actor tells Playboy magazine.

"It's over. That lasted about four or five years," he says of the relationship, which he managed to keep off the radar.

"We'd been living together in Los Angeles and then came to New York to go to school for two years. Then I signed up for more school at Yale. I think that was it for her."

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Talking points

Simpson's rep claims she's not preggers

MAYBE SHE'S JUST CURVY. After stepping out for a business meeting in Beverly Hills in a body-hugging minidress, Jessica Simpson is shooting down rumours that she and fiancé Eric Johnson are expecting, according to Celebuzz.

"This photo agency is full of malarkey," Simpson's publicist says of the company that first made the speculation. "She is not pregnant."

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BRYAN BEDDER/GETTY IMAGES

Jessica Simpson

Aniston on having kids one day: 'It'll happen'

Jennifer Aniston hasn't ruled out parenthood — in fact, she's looking forward to it.

"I'd love to have children one day," she tells Look magazine.

"And it'll happen. I am open to being a single mother, to adopting. I'm just fine with it."

But there are some ideas Aniston is clearly not open to, like social-networking.

"You'll never see me on Twitter or anything like that, it's not for me," she says.

"I'm all about old traditional ways — phone calls and letters. Although I do internet surf and shop online. I love auctions."

METRO

Jennifer Aniston

STEPHEN LOVEKIN/GETTY IMAGES

Matt Damon

Matt Damon loves his life

Matt Damon admits that, for a celebrity, he has it pretty easy.

"I'm really lucky, because I have the best of both worlds. I do the work that I love and need, but don't need paramilitary troops to protect me when I walk out my front door," he says in an interview with Germany's Tele 5.

"I have friends who are like prisoners. Brad Pitt and Angelina Jolie, for instance. They can't just go someplace. If they go for a walk, it turns into an international incident."

METRO

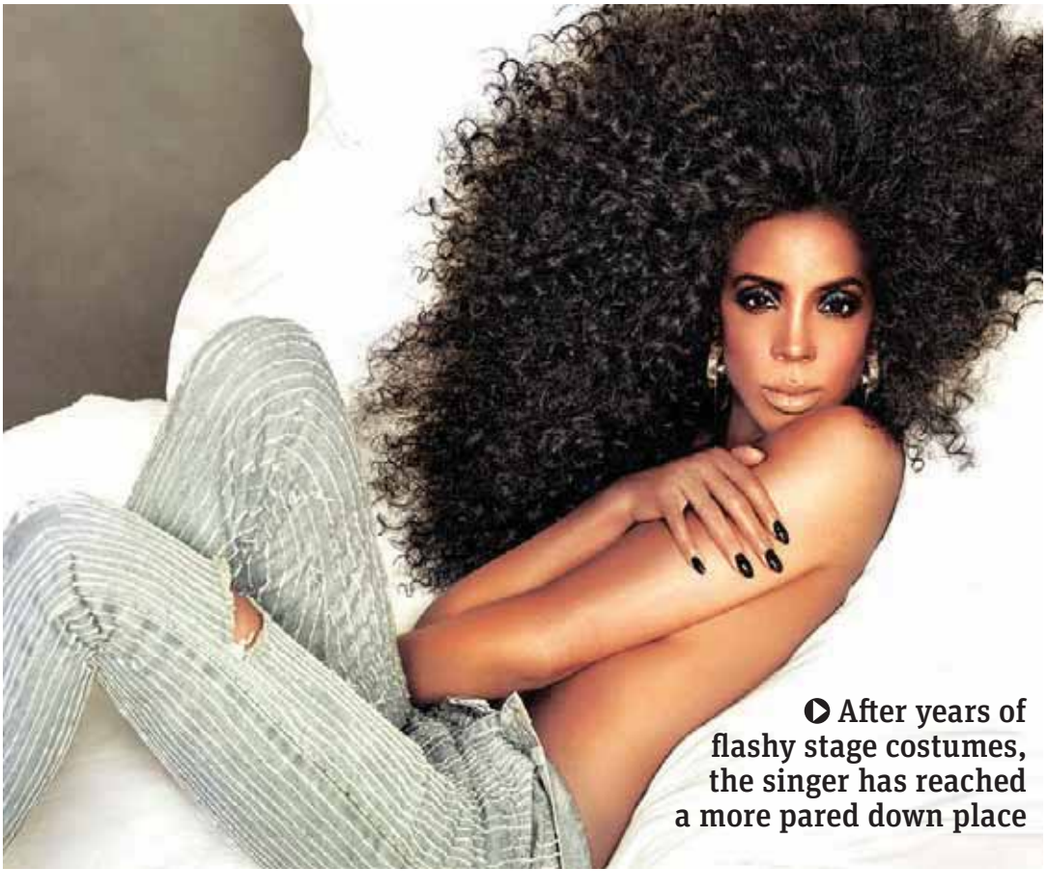
3 life

Trend of the week

E-COMMERCE

Just in time for all of your fall shopping, luxury brands are rolling out e-commerce sites faster than you can say, "credit, please." The latest: Dolce & Gabbana (in collaboration with Yoox) and Balenciaga. Our vote for the most user-friendly shopping experience goes to team Dolce for their slick magazine-style trend reports and shop the look features. Meanwhile, Balenciaga gets the most arty prize; the site will feature short movies created by visual artists and photographers.

Sporting Life is a give-and-take between high fashion and real function



After years of flashy stage costumes, the singer has reached a more pared down place

Kelly Rowland
stripped down

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS

Before she went solo, Kelly Rowland spent her career dressed in blingy, costumes designed to keep you entertained — shimmery, mermaid-like dresses with flesh revealing cut-outs or ripped, GI Jane-style army fatigues with camouflage Daisy Dukes or sexy versions of Cub Scout uniforms with tight, midriff baring tops.

"I've never been afraid to take any risks," she admits over the phone from London, where she's promoting her new album, Here I Am, and preparing to join the UK X-Factor judging panel.

"My personal style has grown in a way where I know what works for me. You have to try different things out to get it right," she says of her evolution from her days as one-third of Destiny's Child.

"Before, I was about what's 'in' right now. But now, I buy to collect pieces that will be with me forever."

If the Texan's old wardrobe was all about constantly changing kinds of splash, its new incarnation is much more refined and focused, thanks to her habit of reading Style.com each night ("it relaxes me") and attending runway shows during the ready-to-wear collections.

She talks about the trends with the confidence of a seasoned market editor: "I love how everything is about opulence and decadence right now. I love how that has come back.

"And it's great to see the bold colors that we saw for spring and summer carrying over into fall," she adds.

Rowland's been wearing Stella McCartney and Chloé the most, lately, and has a long-time obsession with Alexander McQueen — all brands with English creative directors. Perhaps, Britain is rubbing off on her?

"I love the UK period. But I've grown to appreciate the art and creativity of British fashion."

IN HER MAKEUP BAG

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KIMBLE HONEY AND OATMEAL TREATMENT
$11, kimblehaircare.com

L'OREAL VOLUMINOUS MASCARA
$7, lorealparis.com

KELLY'S STYLE ICONS

Halle Barry

"I love the fact that she always looks so effortless, like she just woke up in that dress looking beautiful. She's always dressed so appropriately for her age — with some women it seems like they're reaching too much. But with Halle, she can wear a dress with her stomach out and it looks amazing because she has the body for it."

Jennifer Lopez

"She's just a siren who is smoking hot, period. I love her."

Orange you looking nice today

From the Paris couture runways to the business boardrooms, the 'orange' oldies seem to be ruling the world
They may have it all (if fame and power are your bag) but eternal youth — well, that just ain't one of them!

GETTY IMAGES

▶ Valentino Garavani

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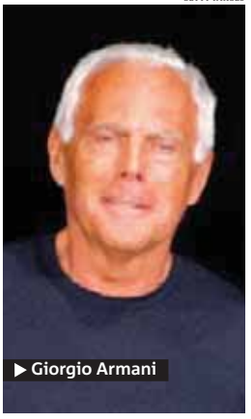

▶ Giorgio Armani

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▶ Iggy Pop

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▶ Tom Jones

GPO VIA GETTY IMAGES)

▶ Silvio Berlusconi

What's orange with a crazy bouffant and sings a catchy tune?

You'd probably say an "Oompa Loompa," but you'd be wrong. The correct answer is Tom Jones and a whole host of saffron-skinned friends.

But why are all the old timers topping up their tan from a can?

Perhaps orange skin is a status symbol in some circles. Or maybe, while everything else is fading — looks, hair and yes, sexual prowess — their face becomes that last bastion of virility.

We'll never know. But here are the fake tan's biggest fans.

The couturier glow

Valentino Garavani shows off his best impression of an Eighties don.

While Giorgio Armani with his leather–like complexion and nipple clinging tee looks like the kind of guy who'd spot you on a gym workout, no?

Rockhard and bronzed

These days the music world's most iconic gyrating, rock stars are more like singing raisins. Take a look at the radioactive glow emanating from Iggy Pop and Tom Jones.

Yep, the one-time sex bombs may not be able to muster a body-pop but boy do their faces add a colour pop worthy of the spring/summer '11 runways.

Businessmen bringing citrus back

These two have got plenty to be red in the face about. Perhaps that's why old 'bunga bunga' Berlusconi and 'The Donald' favour a tangerine disguise. Only the brightest orange will do for the world's classiest acts.

GETTY IMAGES

▶ Pippa, beach ready

Middle-TAN

It's a wonder how the Middletons maintain their bronze-y looks. It's definitely not from basking in the British sun. Nevertheless, since England's favorite family joined the Royal crowd, Pippa has taken the fake bake to another, higher sphere. Maybe it's a social status thing after all — nope, not.

RICHARD PECKETT

Dress your buff beach body

Think softer shapes and sleeveless **Tips to show off the fantastic figure you've worked so hard to build**

Fitting a fit frame isn't always easy.

While clothing designers and retailers have given more attention lately to finding solutions for their petite and plus-size customers, those women with an athletic build - who could be tall or short, more narrow or wide - have their own set of dressing challenges that certainly don't have a one-size-fits-all solution.

Working with many real women instead of only models on photo shoots, Adam Glassman, O The Oprah Magazine's creative director, says he's noticed an increase in "the athletic type." He can't quite define it, but he says he knows it when he sees it.

"It isn't just about athletes," Glassman says. "It has nothing to do with height. You tend to have broad shoulders and a broad back, and your arms are naturally toned or you work out - the tummy is the same thing. Perhaps you have not a lot of curves with a straight waistline and square hips, thighs muscular and built calves, and a smaller bust."

▶ ADAM

▶ ADAM

He adds: "You can have all of that, two of the above, part of one. It ranges from gymnasts to swimmers."

"I think the fashion industry is stepping up to the plate in offering things for more sizes."
ADAM GLASSMAN, O THE OPRAH MAGAZINES'S CREATIVE DIRECTOR

"I think the fashion industry is stepping up to the plate in offering things for more sizes, but you still have to be willing to search," he says.

Most important, women - no matter size and shape - should be looking for clothes that are comfortable and flattering with an end goal of creating a lovely, feminine hourglass shape.

Athletic types often have the advantage of being taut and firm, he says, but that also can leave the impression of them being tough and tomboyish. He likes to see women soften their look with ruffles, ruching, flowing skirts such as a tulip shape, a top with a defined waist or a tie at the waist, and puffy sleeves - which are trendy right now.

THE ASSOCIATED PRESS

Grab hold of this hardware

Revamp your home by adding unique hooks and one-of-a-kind door knobs to your furnishings

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

Changing the hardware around your place is a great way to add personality to a room, and is a quick and inexpensive way to be creative with furnishings.

A classic and simple white kitchen can date itself with 1970s brass handles, while a curlicue victorian dresser can look a bit fussy with cut crystal knobs.

Why not add some "new jewelry to that old suit"? Changing the hardware offers an instant update to your furnishings.

In the kitchen

Renters rejoice; updating the look of your kitchen is easy by investing in some new hardware for the cupboard doors and drawers.

Brushed stainless steel or shiny nickel knobs and pulls are the most popular.

It's also one of those upgrades you can take with you when you move (just keep the old hardware to replace when you are gone).

As most kitchens require quite a few, purchase your knobs and pulls at the big-box or DIY stores; the prices are usually better than specialty shops and they will have the quantity you need in stock.

Want to to add a custom look? Put knobs on doors and pulls on drawers. Match the style and finish.

Old furniture gets dazzled

Got an old dresser or cabinet that feels a bit dull? Re-staining it very dark or painting it a bright colour can change the look, but adding some fun knobs will add some interest and update your relic for a few more years.

Handmade or painted knobs allow you to be creative and customize a boring piece of furniture.

Look in lifestyle stores that sell home and clothing for some unique hardware.

Woman's clothing store Anthropologie and home decor store Pier One are favourites of mine.

Bathroom pizzazz

CONTRIBUTED

▶ Add some sparkle (Anthropologie)

CONTRIBUTED

▶ Opt for a classic look (Anthropologie)

Replacing standard towel bars and cabinet knobs in the bathroom can add a real punch of personality to a small space.

I like to buy four-five matching towels bars and install them above one another, about 12-18 inches apart.

The vertically stacked bars give a vertical element to a small bath and offer up valuable hanging space as if a ladder were leaning against the wall.

Check out the big box stores for multiple towel bars on sale.

In family bathrooms try installing several hooks at various heights to hold multiple family towels.

Choose a different brightly coloured towel for each family member and the wall will take on a fun, playful look.

I STOCK

▶ Get creative with your home's hardware.

CONTRIBUTED

▶ Add a splash of colour (Anthropologie)

Hook it up

Interestingly shaped antique hooks can be found at flea markets and cost just a few dollars each.

Old hooks often have unique shapes and personalities of their own and can take on quite a modern look when spray-painted with a high gloss colour.

MORE FAUX-PAS FOR DISH CLEANING

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How To Load A Dishwasher, Part 2.

The most important thing to remember when loading a dishwasher is that for the cleaning cycle of the dishwasher to be successful you need the dishwater to be able to circulate around the entire item.

Overcrowding is one of the most common problems when it comes to dirty dishes and unsatisfactory results.

Some people try and save money on soap; this is not an area where you should cut back.

Always use the manufacturer's recommended amount.

What you need to determine is what is the best soap for your dishwasher and for the type of water in your area.

Liquid and powder react differently based on the type of water.

The cutlery tray

Always put cutlery in the tray pointing up. This allows for maximum water circulation. Also it is important to mix up the cutlery.

NOTE: Sharp knives should always be pointed downwards for safety.

HAVE A QUESTION? EMAIL CHARLESTHEBUTLER@METRONEWS.CA

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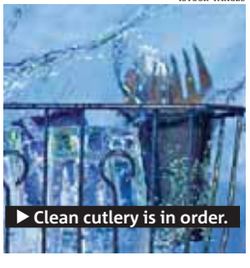

▶ Clean cutlery is in order.

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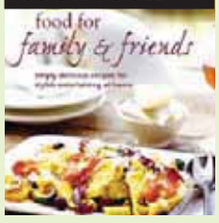

Summer entertaining just got easier with Food for Family & Friends (Ryland Peters & Small, 2011). The book offers inspiration to help you create the right ambiance, more than 130 recipes, plus expert advice on choosing wine. Filled with colourful images, the book is divided into sections such as Setting the Scene, Nibbles and Sharing Plates, Feeding a Crowd, Drinks, and moreAmong the recipes are: Pumpkin Soup with Honey and Sage, Spicy Pork Curry with Lemon Rice, Chocolate Truffles and more.

The cool side of ketchup

Ever thought of making your own condiment? Change it up with Spicy Peach Ketchup

There's a seasonal shift going on in the condiment firmament.

Ketchup, a staple of many pantries, is catching up with the cool crowd as chefs seek new inspiration.

"It's a very exciting time to be making ketchup," says Scott Norton, who with Mark Ramadan founded the recently launched Sir Kensington's Gourmet Scooping Ketchup.

Organic ketchup, spicy ketchup, gourmet ketchup, curry ketchup, all have blossomed in recent years, a development that James Oseland, editor-in-chief of Saveur magazine, has noted with approval. "Who doesn't love a good ketchup?" he points out.

Spicy Peach Ketchup

Preparation:

1. In sauté pan over medium, heat oil. Add onions and garlic; cook, stirring occasionally, until onions turn golden and caramelized, about 15 minutes. If they start to darken too much, add 15 ml (1 tbsp) of water.
2. Add peaches, red pepper flakes, allspice, cloves, adobo sauce, brown sugar, vinegar and salt. Cook, stirring occasionally, for 45 minutes.
3. Working in batches, transfer mix to blender and purée. Adjust seasoning with additional sugar, salt or vinegar. Transfer mix to a clean jar and refrigerate up to three weeks.

THE ASSOCIATED PRESS/ ALISON LADMAN

Ingredients:

Spicy Peach Ketchup

- 15 ml (1 tbsp) canola oil
- 2 medium yellow onions, sliced
- 2 cloves garlic, chopped
- 6 peaches, peeled; pitted
- 5 ml (1 tsp) red pepper flakes
- 2 ml (1/2 tsp) ground allspice
- 1 ml (1/4 tsp) ground cloves
- 10 ml (2 tsp) adobo sauce
- 125 ml (1/2 cup) packed brown sugar (approx)
- 125 ml (1/2 cup) cider vinegar (approx)
- 5 ml (1 tsp) salt (approx)

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ Make your own ketchup. It can be stored for three weeks.

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▶ Eric Hassli

Hassli's pair leads Caps to a draw in San Jose

Chris Wondolowski scored his first two goals since May to help San Jose tie Vancouver 2-2 last night.

Wondolowski, who missed four matches in June while playing for the U.S. national team in the Gold Cup, scored in the third and 54th minutes for San Jose. Eric Hassli responded in the 42nd and 61st minutes for Vancouver.

Both men now have eight goals, two behind league-leading Thierry Henry of the New York Red Bulls.

The tie extended San Jose's winless streak to seven matches, although the Earthquakes avoided a sixth shutout in that stretch.

Vancouver broke a four-game losing streak with the result.

San Jose's Steven Lenhart let a golden opportunity slip away in the 84th minute, when he shot wide right after finding himself alone at the edge of the penalty box with a ball that had been misplayed by Vancouver defender Greg Janicki. **THE ASSOCIATED PRESS**

Who to watch for

The PGA hits Vancouver this week with a field that's considered the Canadian Open's best in years ◐ Here's a look at some of the key players

DARRYL DYCK/THE CANADIAN PRESS

LUKE DONALD
The 33-year-old is fresh off crashing out of the British Open, failing to make the halfway cut. But he's still on top of the world, ranked No. 1 on the tour.

DARRYL DYCK/THE CANADIAN PRESS

MIKE WEIR
That Canada's greatest golfer has never won the Canadian Open is one of sport's great cruelties. Weir almost did it in 2004, and if you're not rooting for him to get there again you're a seriously cold human being.

MATT DUNHAM/THE ASSOCIATED PRESS

RICKIE FOWLER
With his bright Puma hats, shaggy hair and pretty-boy look, the 22-year-old is like the Justin Bieber of professional golf.

DARRYL DYCK/THE CANADIAN PRESS

▶ Golfer Anthony Kim tees off during a championship pro-am event at the Canadian Open at the Shaughnessy Golf and Country Club in Vancouver yesterday.

DARRYL DYCK/THE CANADIAN PRESS

DAVID DUVAL
His flame flickered out long ago, but Duval, 39, keeps trying to find a spark. He was No. 1 in the world for 15 great weeks in 1999, and went on to win the 2001 British Open — but hasn't won since.

DARRYL DYCK/THE CANADIAN PRESS

JOHN DALY
Daly is easily the most entertaining force on the PGA Tour. From his cigars to clown pants, even if he doesn't win, Daly is a champion.

DARRYL DYCK/THE CANADIAN PRESS

JIM FURYK
The 41-year-old was the 2010 PGA Tour player of the year. And he has won the Canadian Open twice, in 2006 and '07. Expect him to vie for a third title this year.
TORSTAR NEWS SERVICE

Sports in brief

Tigers trade for Betemit

MLB. The Detroit Tigers have acquired veteran infielder Wilson Betemit from the Kansas City Royals for two class-A prospects. Betemit hit .281 in 57 games for the Royals. **THE ASSOCIATED PRESS**

Shaughnessy worth the long trip for Donald

Over 7,600 kilometres and several times zones separate Sandwich, England, from Vancouver, but for Luke Donald the long journey was worth it to play a course like the Shaughnessy Golf and Country Club.

Donald, the world's No. 1-ranked golfer, failed to make the cut at last week's British Open, but says he's excited about the challenge presented by this week's RBC Canadian open.

"The lifestyle that we lead is a busy one. The worst part about it, and the most unglamorous side, is the travelling."
LUKE DONALD

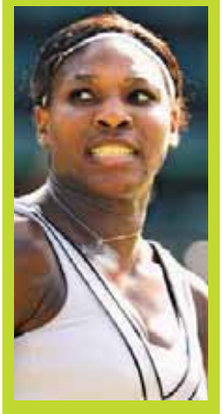
"It's a very good, classic golf course," Donald said yesterday after playing a Pro-Am event.

"It meanders through the trees. The rough is extremely thick, probably the thickest we played all year. I'd say it's even thicker than the U.S. Open. The greens are very small ... but the premium this week will be keeping it in play."

Masters champion Charl Schwartzel, Donald and defending champion Carl Pettersson will be in the field of 156 that tees off today in the first round of the tournament. They will be playing for a total prize purse of $5.2 million US, with the winner taking home $918,000. **THE CANADIAN PRESS**

4 sports

Quoted



"I like competing in Canada, especially in Toronto. I think I won there before (in 2001), but it feels like a lifetime ago. So it's time to get back there and do it again."
SERENA WILLIAMS ON THE ROGERS CUP, WHICH BEGINS AUG. 8 IN TORONTO.

Scan code for more sports news.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	59	37	.615	—
New York	57	38	.600	1½
Tampa Bay	51	45	.531	8
Toronto	**49**	**49**	**.500**	**11**
Baltimore	39	56	.411	19½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	51	46	.526	—
Detroit	51	46	.526	—
Chicago	47	51	.480	4½
Minnesota	46	51	.474	5
Kansas City	40	58	.408	11½

WEST DIVISION

	W	L	Pct	GB
Texas	56	42	.571	—
Los Angeles	52	46	.531	4
Seattle	43	54	.443	12½
Oakland	43	55	.439	13

Yesterday's results
Toronto 11 Seattle 6
Minnesota 7 Cleveland 5
Oakland 7 Detroit 5
Kansas City 2 Chicago White Sox 1 (11 inn.)
Boston 4 Baltimore 0
N.Y. Yankees 4 Tampa Bay 0
L.A. Angels 9 Texas 8
Tuesday's results
Toronto 6 Seattle 5 (14 inn.)
Baltimore 6 Boston 2
Tampa Bay 3 N.Y. Yankees 2
Minnesota 2 Cleveland 1
Texas 7 L.A. Angels 0
Kansas City 4 Chicago White Sox 2
Detroit 8 Oakland 3
Today's games
All times Eastern
Seattle (Fister 3-11) at **Toronto (R.Romero 7-9),** 12:37 p.m.
Texas (C.Wilson 10-3) at L.A. Angels (Weaver 12-4), 3:35 p.m.
N.Y. Yankees (Sabathia 14-4) at Tampa Bay (Shields 8-8), 7:10 p.m.
Detroit (Verlander 12-5) at Minnesota (Pavano 6-6), 8:10 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	307	74	102	31	66	.332
Molina	104	13	32	2	9	.308
Thames	124	23	38	4	15	.306
Escobar	339	52	103	9	36	.304
Lind	283	40	84	17	54	.297
Encarnacion	264	32	70	6	23	.265
Patterson	307	43	78	6	33	.254
Snider	139	17	34	2	24	.245
Davis	281	39	66	1	25	.235
Hill	309	30	72	4	37	.233
McCoy	73	9	16	1	4	.219
McDonald	137	16	30	2	15	.219
Arencibia	265	28	56	12	39	.211

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Rzepczynski	2	2	0	39.1	33	2.75
Janssen	3	0	1	28.2	27	2.83
Frasor	2	1	0	40.1	35	3.12
Romero	7	9	0	127.1	108	3.18
Villanueva	5	2	0	84.1	60	3.31
Dotel	2	1	1	27.0	29	3.33
Camp	1	1	1	41.2	19	4.10
Rauch	3	3	7	39.1	27	4.12
Morrow	6	4	0	94.2	110	4.37
Reyes	5	7	0	105.2	61	4.94
Francisco	1	4	10	26.2	30	5.40
Cecil	2	4	0	48.1	35	5.77

Last night's game not included

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	61	36	.629	—
Atlanta	57	41	.582	4½
New York	49	48	.505	12
Washington	48	50	.490	13½
Florida	47	51	.480	14½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	53	46	.535	—
Pittsburgh	51	45	.531	½
St. Louis	50	47	.515	2
Cincinnati	48	50	.490	4½
Chicago	39	60	.394	14
Houston	33	65	.337	19½

WEST DIVISION

	W	L	Pct	GB
San Francisco	57	42	.576	—
Arizona	52	46	.531	4½
Colorado	47	51	.480	9½

Yesterday's results
Cincinnati 3 Pittsburgh 1
Houston 3 Washington 2 (11 inn.)
Colorado 3 Atlanta 2
Philadelphia 9 Chicago Cubs 1
San Diego 14 Florida 3
N.Y. Mets 6 St. Louis 5 (10 inn.)
L.A. Dodgers 1 San Francisco 0
Milwaukee 5 Arizona 2 (10 inn.)
Tuesday's results
San Francisco 5 L.A. Dodgers 3
Houston 7 Washington 6
Colorado 12 Atlanta 3
Philadelphia 4 Chicago Cubs 2
San Diego 4 Florida 0
Pittsburgh 1 Cincinnati 0
N.Y. Mets 4 St. Louis 2
Milwaukee 11 Arizona 3
Today's games
All times Eastern
San Diego (Moseley 2-9) at Florida (Vazquez 6-8), 12:10 p.m.
St. Louis (Westbrook 7-4) at N.Y. Mets (Niese 9-7), 12:10 p.m.
Atlanta (Hanson 10-5) at Colorado (Chacin 8-7), 3:10 p.m.
Milwaukee (Greinke 7-3) at Arizona (I.Kennedy 10-3), 9:40 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	81	355	66	126	.355
Helton Col	86	290	42	94	.324
Votto Cin	96	359	59	115	.320
Braun Mil	88	320	59	101	.316
Pence Hou	91	372	45	117	.315
Morse Wash	86	290	42	91	.314
McCann Atl	84	310	39	97	.313
Kemp LAD	97	349	58	109	.312
DanMurphy NYM	92	326	39	101	.310
SCastro ChiC	95	406	53	124	.305

Runs — RWeeks, Mil., 70; JosReyes, NY, 66; CYoung, Arz., 62; CGonzalez, Col., 61.
RBI — Fielder, Mil., 73; Howard, Phi., 73; Kemp, LA, 72; Berkman, StL, 65.
Hits — JosReyes, NY, 126; SCastro, Chi., 124; Pence, Hou., 117; Votto, Cin., 115; Bourn, Hou., 113.
Doubles— Beltran, NY, 30; CaLee, Hou., 27; CYoung, Arz., 26; SCastro, Chi., 25; Headley, SD, 25.
Triples — JosReyes, NY, 15; Victorino, Phi., 9; SCastro, Chi., 8; Bourn, Hou., 7.
Home Runs — Berkman, StL, 26; Kemp, LA, 24; Fielder, Mil., 22; Bruce, Cin., 21.
Stolen Bases — Bourn, Hou., 35; JosReyes, NY, 30; Kemp, LA, 27; Stubbs, Cin., 23.
Saves — Kimbrel, Atl., 29; BrWilson, SF, 29; Hanrahan, Pit., 28; LNunez, Fla., 27; HBell, SD, 27.
Yesterday's games not included

BLUE JAYS 11, MARINERS 6

Seattle	ab	r	h	bi
ISuzuki rf	4	0	1	0
Halmn rf	1	0	0	0
Ryan ss	4	2	3	0
Ackley 2b	4	1	2	3
Smoak dh	5	0	0	0
AKndy 1b	5	2	2	1
Carp lf	4	0	1	0
FGtrrz cf	4	0	0	0
Seager 3b	4	1	1	0
J.Bard c	3	0	1	2
JMolin c	4	1	2	0
Totals	**38**	**6**	**11**	**6**

Toronto	ab	r	h	bi
YEscor ss	3	0	0	1
JMcDnl ss	1	0	1	1
EThms rf	5	0	1	2
Bautist dh	3	1	1	0
Lind 1b	4	2	2	1
McCoy 3b	0	0	0	0
Encrnc 3b-1b	5	4	3	1
Snider lf	4	1	2	5
A.Hill 2b	3	1	0	0
RDavis cf	4	1	2	0
Totals	**36**	**11**	**14**	**11**

Seattle 000 200 112 — 6
Toronto 041 302 10x — 11
LOB—Seattle 8, Toronto 10. 2B—Ryan (14), Ackley (5), J.Bard (4), E.Thames (11), Bautista (16), Encarnacion (22), R.Davis (17). HR—Ackley (4), A.Kennedy (7), Lind (18), Encarnacion (7), Snider (3). SB—Ryan (8), Encarnacion 2 (4). CS—Snider (3). SF—Snider.

	IP	H	R	ER	BB	SO
Seattle						
Vargas L,6-8	3	6	5	5	5	0
J.Wright	1	2	3	3	2	0
Laffey	3	6	3	3	0	2
Ray	1	0	0	0	0	1
Toronto						
Morrow W,7-4	7	7	3	3	3	7
F.Francisco	1	2	1	1	0	2
Dotel	1	2	2	2	0	0

HBP—by J.Wright (A.Hill).
Umpires—Home, Lance Barrett; First, Tom Hallion; Second, Phil Cuzzi; Third, James Hoye. T—2:42. A—18,093 (49,260).

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	94	386	66	130	.337
Bautista Tor	**86**	**307**	**74**	**102**	**.332**
MiYoung Tex	95	377	42	121	.321
VMartinez Det	81	297	40	94	.316
Ellsbury Bos	94	385	68	121	.314
Konerko ChiW	94	344	43	108	.314
JhPeralta Det	86	310	41	97	.313
MiCabrera Det	96	329	65	102	.310
YEscobar Tor	**88**	**339**	**52**	**103**	**.304**
Boesch Det	88	332	59	100	.301

Runs — Granderson, NY, 84; **Bautista, Toronto, 74;** Ellsbury, Boston, 68; Kinsler, Texas, 67; AdGonzalez, Boston, 66; MiCabrera, Detroit, 65; Pedroia, Boston, 63; Zobrist, Tampa Bay, 63.
RBI — AdGonzalez, Bos., 78; Beltre, Texas, 74; Konerko, Chi., 69; Granderson, NY, 68; Youkilis, Bos., 68; Teixeira, NY, 67; **Bautista, Toronto, 66.**
Hits — AdGonzalez, Bos., 130; Ellsbury, Bos., 121; MiYoung, Texas, 121; MeCabrera, KC, 120; Markakis, Baltimore, 114.
Doubles — AdGonzalez, Bos., 29; Zobrist, TB, 28; MiYoung, Tex., 27.
Triples — Granderson, NY, 8; AJackson, Det., 7; **RDavis, Toronto, 6;** Bourjos, LA, 6.
Home Runs — **Bautista, Toronto, 31;** Granderson, NY, 25; Teixeira, NY, 25; Konerko, Chi., 22.
Stolen Bases — Gardner, NY, 29; **RDavis, Toronto, 28;** Andrus, Tex., 28; Ellsbury, Boston, 28; Crisp, Oakland, 27; ISuzuki, Seattle, 23; BUpton, Tampa Bay, 22.
Pitching — Sabathia, NY, 14-4; Weaver, LA, 12-4; Verlander, Det., 12-5.
Strikeouts — Verlander, Det., 153; FHernandez, Sea., 146; Shields, TB, 145; Sabathia, New York, 134; Price, Tampa Bay, 132; CWilson, Texas, 124; Weaver, Los Angeles, 123.
Saves — Valverde, Det., 25; MaRivera, NY, 24; League, Sea., 23; CPerez, Cle., 22; Papelbon, Bos., 21; Walden, LA, 21; Feliz, Texas, 20.
Yesterday's games not included

TENNIS

ATP

BET-AT-HOME OPEN
At Hamburg, Germany
Singles — Second Round
Gael Monfils (1), France, def. Albert Ramo, Spain, 6-4, 6-2.
Jurgen Melzer (2), Austria, def. Daniel Gimeno-Traver, Spain, 6-3, 5-7, 6-1.
Nicolas Almagro (3), Spain, def. Lukas Rosol, Czech Republic, 6-4, 6-4.
Florian Mayer (6), Germany, def. Marsel Ilhan, Turkey, 6-4, 7-6 (5).
Fernando Verdasco (8), Spain, def. Pablo Andujar, Spain, 6-2, 6-3.
Juan Monaco, Argentina, def. Janko Tipsarevic (9), Serbia, 6-2, 6-4.
Cedrik-Marcel Stebe, Germany, def. Nikolay Davydenko (11), Russia, 6-3, 7-6 (5).
Marin Cilic (12), Croatia, def. Bastian Knittel, Germany, 6-3, 6-7 (4), 6-4.
Radek Stepanek, Czech Republic, def. Andreas Seppi (13), Italy, 6-1, 7-5.
Philipp Kohlschreiber, Germany, def. Albert Montanes (16), Spain, 6-1, 3-2, retired.

ATLANTA CHAMPIONSHIPS
At Norcross, Ga.
Singles — Second Round
Kevin Anderson (2), South Africa, def. Michael Russell, U.S., 6-1, 7-5.
John Isner (3), U.S., def. James Blake, U.S., 7-6 (8), 6-7 (3), 7-5.
Gilles Muller, Luxembourg, def. Robby Ginepri, U.S., 7-6 (8), 2-6, 6-2.
Yen-hsun Lu, Taiwan, def. Marinko Matosevic, Australia, 3-6, 6-1, 6-2.

WTA

BAKU CUP
At Baku, Azerbaijan
Singles — Second Round
Mariya Koryttseva, Ukraine, def. Anastasiya Yakimova, Belarus, 6-2, 7-5.
Galina Voskoboeva, Kazakhstan, def. Monica Niculescu (5), Romania, 7-6 (2), 6-2.
Ksenia Pervak (7), Russia, def. Vesna Dolonts, Russia, 6-3, 6-3.
Aravane Rezai, France, def. Elena Vesnina (3), Russia, 6-3, 1-0, retired.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	3	0	0	109	68	6
Winnipeg	3	2	1	0	66	53	4
Hamilton	3	1	2	0	59	55	2
Toronto	3	1	2	0	56	83	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	3	3	0	0	103	55	6
Calgary	3	2	1	0	76	75	4
B.C.	3	0	3	0	75	97	0
Saskatchewan	3	0	3	0	56	114	0

WEEK FOUR
Tomorrow's game
All times Eastern
Hamilton at B.C., 10 p.m.
Saturday's games
Winnipeg at Toronto, 4 p.m.
Edmonton at Calgary, 7 p.m.
Sunday's game
Saskatchewan at Montreal, 7 p.m.

SCORING LEADERS

	TD	C	FG	S	Pt
Duval, Edm	0	11	7	5	37
Whyte, Mtl	0	12	8	1	37
Medlock, Ham	0	5	8	0	29
Palardy, Wpg	0	5	7	2	28

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	19	8	4	7	24	16	31
New York	22	6	5	11	35	28	29
Columbus	20	7	6	7	21	20	28
Houston	20	5	6	9	24	23	24
Kansas City	19	5	6	8	24	25	23
D.C. United	19	5	6	8	24	30	23
New England	20	4	9	7	17	27	19
Chicago	20	2	6	12	20	25	18
Toronto	22	3	10	9	17	37	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	22	11	2	9	28	16	42
Dallas	21	11	5	5	27	19	38
Seattle	22	10	4	8	32	23	38
Real Salt Lake	17	8	3	6	23	12	30
Colorado	22	7	6	9	29	28	30
San Jose	20	5	6	9	24	23	24
Chivas USA	20	5	7	8	24	23	23
Portland	18	6	9	3	22	31	21
Vancouver	21	2	10	9	21	30	15

Note: Three points for a win, one for a tie.
Last night's results
Vancouver 2 San Jose 2
Dallas 1 Toronto 0
New England 1 D.C. United 0
Colorado 4 New York 1
Los Angeles 1 Columbus 0
Saturday's games
All times Eastern
FC Dallas at New York, 6 p.m.
Portland at Columbus, 8 p.m.
Toronto FC at Sporting Kansas City, 8:30 p.m.
New England at Colorado, 9 p.m.
San Jose at Real Salt Lake, 10 p.m.
Houston at Chivas USA, 10:30 p.m.

COPA AMERICA
At Sites in Argentina

SEMI-FINALS
Last night's result
At Mendoza
Paraguay 0 Venezuela 0
(Paraguay won 5-3 on penalty kicks)
Tuesday's result
At La Plata
Uruguay 2 Peru 0

CYCLING

TOUR DE FRANCE
At Pinerolo, Italy
(178.9-km from Gap, France to Pinerolo, Italy)
17th Stage
1. Edvald Boasson Hagen, Nor., Sky Procycling, 4 hr, 18 min, 0 sec; 2. Bauke Mollema, Neth., Rabobank, 40 sec beh; 3. Sandy Casar, Fra., Francaise des Jeux, 0:50; 4. Julien El Fares, Fra., Cofidis, same time; 5. Sylvain Chavanel, Fra., Quick Step, s.t.; 6. Dmitriy Fofonov, Kaz., Astana, 1:10; 7. Maciej Paterski, Pol., Liquigas-Cannondale, s.t.; 8. Dmitriy Muravyev, Kaz., RadioShack, s.t.; 9. Jonathan Hivert, Fra., Saur-Sojasun, 1:15; **44. Ryder Hesjedal, Victoria, Garmin-Cervelo, 6:26.**
Overall Standings
(After 17 stages)
1. Thomas Voeckler, Fra., Europcar, 73 hr, 23 min, 49 sec; 2. Cadel Evans, Austrl., BMC, 1:18; 3. Frank Schleck, Lux., Leopard-Trek, 1:22; 4. Andy Schleck, Lux., Leopard-Trek, 2:36; 5. Samuel Sanchez, Spn., Euskaltel-Euskadi, 2:59; 6. Alberto Contador, Spn., Saxo Bank Sungard, 3:15; 7. Damiano Cunego, Ita., Lampre-ISD, 3:34; 8. Ivan Basso, Ita., Liquigas-Cannondale, 3:49; 9. Tom Danielson, U.S., Garmin-Cervelo, 6:04; **28. Ryder Hesjedal, Victoria, Garmin-Cervelo, 22:09.**

ACTIVITY

BASEBALL

AMERICAN LEAGUE
CHICAGO WHITE SOX—Reinstated LHP John Danks from the 15-day DL.
KANSAS CITY ROYALS—Acquired LHP Antonio Cruz and C Julio Rodriguez from Detroit for INF Wilson Betemit.

NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Selected the contract of RHP Ryan Cook from Mobile (SL). Recalled RHP Bryan Shaw from Reno (PCL). Sent RHP Yhency Brazoban outright to Reno. Optioned RHP Barry Enright to Reno.
LOS ANGELES DODGERS—Fired hitting coach Jeff Pentland. Named Dave Hansen hitting coach.
NEW YORK METS—Signed RHP Robert Gsellman.
SAN DIEGO PADRES—Reinstated INF Jason Bartlett from the paternity leave list. Optioned INF Everth Cabrera to Tucson (PCL).

BASKETBALL

NBA
HOUSTON ROCKETS—Announced the retirement of C Yao Ming.

FOOTBALL

NFL
NEW YORK JETS—DT Kris Jenkins announced his retirement.

CFL
LEAGUE OFFICE—Fined Montreal DE Kitwana Jones an undisclosed amount for an illegal hit on Toronto WR-KR Chad Owens in a July 15 game.
EDMONTON ESKIMOS—Signed DE Robert Henderson.

HOCKEY

NHL
ANAHEIM DUCKS—Signed F Mark Bell to a one-year contract.
CHICAGO BLACKHAWKS—Named Ted Dent coach of Rockford (AHL).
DETROIT RED WINGS—Signed G Ty Conklin to a one-year contract.
FLORIDA PANTHERS—Announced G Marc Cheverie and G Tyler Plante agreed to one-year contracts.
PHOENIX COYOTES—Re-signed F Lauri Korpikoski to a two-year contract.
TAMPA BAY LIGHTNING—Agreed to terms with RW Teddy Purcell on a two-year contract.
WINNIPEG JETS—Named Mark Morrison assistant coach.

SOCCER

MLS
TORONTO FC—Signed D Eddy Viator.

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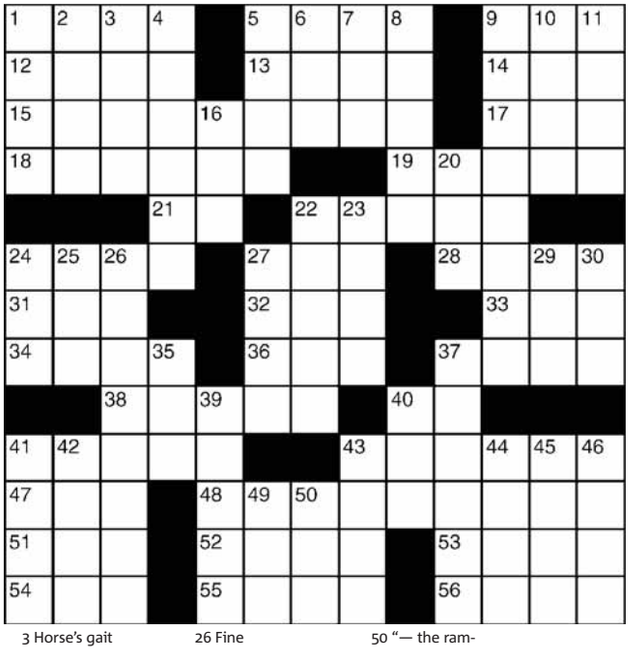
Crossword



Across

1 Macrame and origami
5 Spill the beans
9 Swine home
12 Old Italian money
13 Parks or Bonheur
14 Rage
15 "Animal House" event
17 Aviv preceder
18 Garb
19 "Monopoly" building
21 Therefore
22 "SNL" alumna Oteri
24 Bridge coup
27 Writer Buscaglia
28 Giant in a nightmare, maybe
31 Moray, for one
32 Under the weather
33 Towel designation
34 Post-bath application
36 Aviate
37 Halt
38 Wild West show
40 2009 Pixar movie
41 Backbone
43 Quiver contents
47 Funny guy
48 "Sleep well"
51 Potsdam pronoun
52 Sleeping
53 Merriment
54 Bumped into
55 Old letter opener?
56 Appear

Down

1 — Romeo
2 Urban disturbance
3 Horse's gait
4 Great cruelty
5 Cheese choice
6 Journal
7 Blond shade
8 Wash in a tub
9 Wait patiently
10 Genealogy chart
11 Holler
16 To and —
20 Acapulco gold
22 Yo-Yo Ma's instrument
23 Sacred
24 Collection
25 Meadow
26 Fine
27 Biography
29 Carnival city
30 Kreskin's claim
35 Inmate
37 Parsley servings
39 "La Toilette" painter
40 Coffee vessel
41 Take to the pool
42 Gait
43 Finds the sum
44 Look lustfully
45 Roller coaster cry
46 Goblet feature
49 Sapporo sash
50 "— the ramparts ..."

▶ Yesterday's answer

F	E	T	A	■	L	O	L	■	A	V	E	S
A	V	O	N	■	I	R	E	■	L	E	A	P
V	E	R	T	E	B	R	A	■	O	R	C	A
E	N	S	I	L	E	■	S	L	O	T	H	S
■	■	■	S	I	R	■	H	I	F	I	■	■
L	A	V	■	A	T	M	■	E	L	G	A	R
I	T	E	M	■	Y	O	U	■	Y	O	G	A
S	A	R	A	N	■	O	N	S	■	S	O	Y
■	■	■	T	R	O	D	■	S	A	W	■	■
W	R	I	T	H	E	■	C	L	E	A	V	E
R	A	C	Y	■	V	E	R	T	I	C	A	L
E	V	E	R	■	I	C	E	■	G	R	I	M
N	E	S	S	■	L	O	W	■	H	E	N	S

Sudoku

							6	2
		8			3			
4		7	8		2			
2	9			7		5		6
			2		4			
8		4		5			3	1
			6		1	7		8
			5			6		
9	1							

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	3	2	6	7	1	5	9	4
5	4	7	9	8	2	1	6	3
1	6	9	3	5	4	8	7	2
4	8	3	7	6	9	2	5	1
9	2	5	1	3	8	6	4	7
7	1	6	2	4	5	3	8	9
2	5	1	8	9	7	4	3	6
3	9	4	5	1	6	7	2	8
6	7	8	4	2	3	9	1	5

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Marilyn Leelen
It's been a number of years now but I haven't forgotten you. I still remember when we reconnected a few years ago but you didn't get back to me in time. If you want you can still reach me. **DAVID**

To the guy with all the parking tickets, I know that you are way out of my league, but I couldn't help but notice you today. You genuinely stood out from everyone else there. :) You had an awesome smile on top of everything else. You made my day a lot brighter, it was nice talking to you. Cheers and good luck with you business. **GIRL @ CITY HALL**

Blueberry, My day becomes happy because of you. Even when the world changes, I love only you,Oh my love, my heart always beats whenever I see you. I'll cherish only you. **MUFFIN**

Today
20°/12°
Partly cloudy
Friday
19°/14°
Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Today, you don't have to use words to get your message across — your body language will be enough.

♉ Taurus April 21-May 21 Any money worries you've had will fade today. You'll realize you were never as badly off as you feared.

♊ Gemini May 22-June 21 You will be delighted when you discover a problem that's been worrying you has an easy solution.

♋ Cancer June 22-July 22 You will be in a generous mood today and will do whatever you can to help those who've had misfortune.

♌ Leo July 23-Aug.23 You have been operating below your best, so raise your sights and your game.

♍ Virgo Aug. 24- Sept. 22 Important people will be watching you closely today, so make sure they like what they see.

♎ Libra Sept. 23-Oct. 23 There is serious work to be done today and if you don't want to exhaust yourself you must use your Libra charm to get other people to help you.

♏ Scorpio Oct. 24-Nov. 22 As usual, you have been worrying for no good reason but your mood will take a turn for the better today.

♐ Sagittarius Nov. 23-Dec. 21 If you feel a bit down just think back to all the good times you have enjoyed. You'll do so again.

♑ Capricorn Dec. 22-Jan. 20 Ease back and don't worry so much about schedules and deadlines. Life is fun, so why make it a chore?

♒ Aquarius Jan. 21-Feb. 18 You will enjoy being the centre of attention today — and others will enjoy what you have to offer.

♓ Pisces Feb. 19-March 20. Give family and loved ones your full and undivided attention. Business can wait until later. SALLY BROMPTON

Caption contest

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STEVE AMSTRUP, FILE/ AP/ U.S. FISH & WILD LIFE

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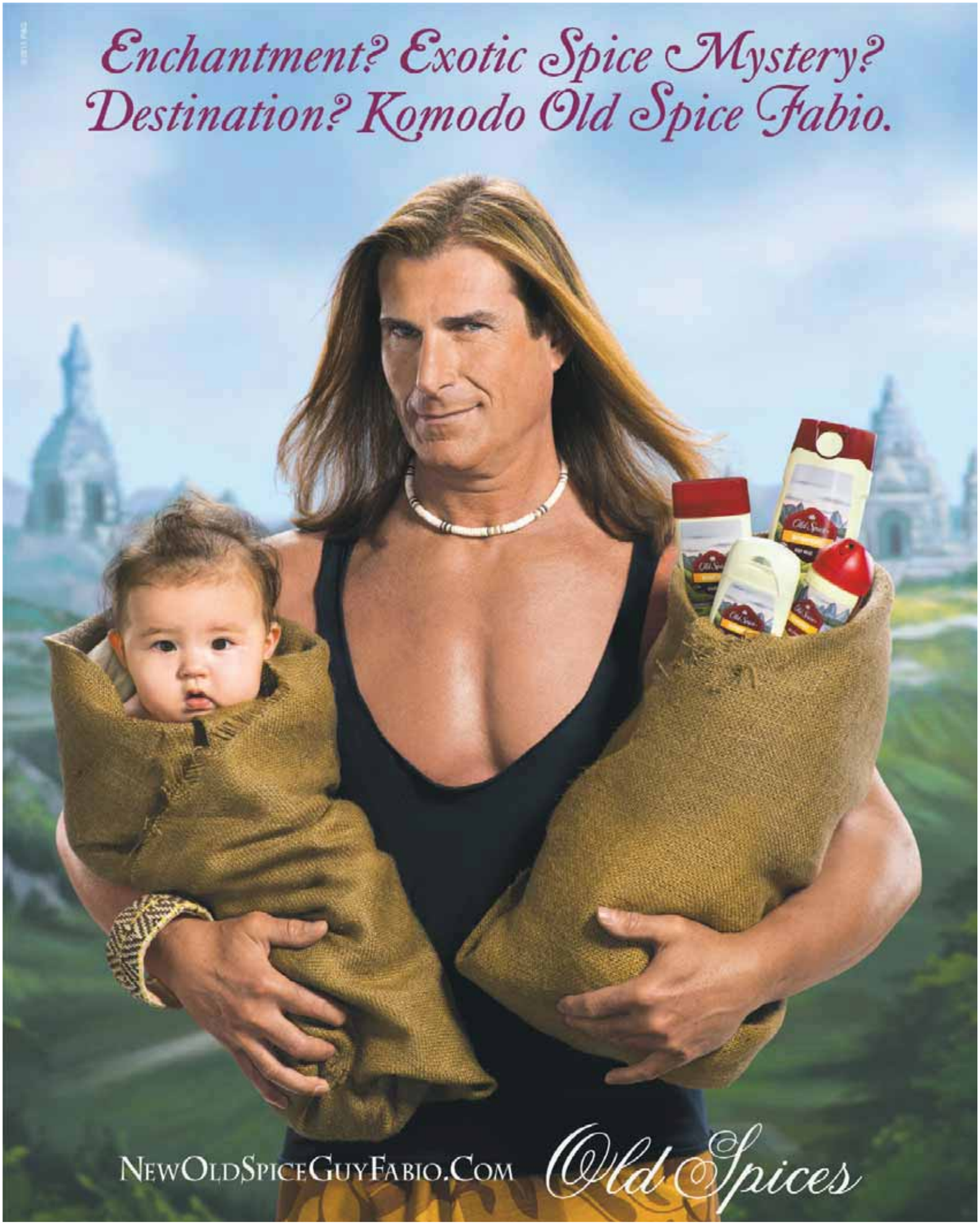
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